



The Healing Herb Chart



Patty's Plants

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Symptoms	Healing Herb Tea
Acne	Lemon Balm
Anxiety	Chamomile, Lemon Balm
Canker Sores	Calendula (2008 Herb Of The Year) & Sage
Colic	Sage, Fennel & Dill
Coughs	Borage
Common Cold	Chamomile, Lemon Balm
Mild Depression	Basil
Fever	Borage
Gas	Calendula
High Blood Pressure	Lemon Balm
Menstrual Pain & Menopausal Problems	Calendula,
Nausea& Indigestion	Peppermint, Basil, Chamomile, Lemon Balm & Sage
Sore Throat	Sage

Source: "The Book Of Herbal Teas" by Sara Perry

Brewing Method: Use 3 t fresh herb or 1t dried in 1 cup of fresh boiled water. Steep 5-10 minutes.

***** Always consult your doctor first before using any herbal remedy for health.*****

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